

Four Tips of the Week

1. Add Flavor, Not Fat

Make holiday treats tasty but not fattening by trying the following tips:

- Flavor mashed potatoes with chicken broth and Butter Buds instead of a lot of butter.
- Make cookies moist by substituting some or all of the fat with applesauce or fruit puree.
- Substitute nonfat or low-fat plain yogurt for sour cream on most anything including baked potatoes.
- Experiment with herbs and spices that really add flavor.
- Substitute fat-free milk for whole milk when cooking – you probably won't be able to tell the difference in taste, but the fat you save will definitely be worth it!

2. Make One Lifestyle Change at a Time

Trying to make too many changes at once can be overwhelming and can lead to failure. Choose one goal such as walking briskly for 30-minutes daily. Once you've mastered this goal, work on another lifestyle change such as switching to reduced-fat or fat-free milk.

3. Count Your Steps

Are you trying to adopt a more active lifestyle? A pedometer will count how many steps you take each day. Strive for 10,000 steps or more daily. A pedometer also makes a great gift!

4. Save Money at the Grocery Store

The following are easy tips to save money at the grocery store:

- Plan your meals ahead of time. This will help you to plan for what you will need to buy for the following week.
- Always make a list and stick to it!
- Never shop on an empty stomach – it only leads to impulse buying!
- Develop a monthly or weekly budget for groceries. Stick to this one too!
- Use unit pricing on the price tag to determine the best deal.
- Use coupons only for items you regularly use.